



I . D . E . A .

# International Day of Experiencing Abstinence

*Come prepare for the holidays and  
experience a day of focusing on the tools  
and Steps 1-3 to strengthen your recovery!*

**Speakers ♦ Panel ♦ Small Groups ♦ Raffles**

**Saturday, November 18 - 1:00 to 4:00pm**

**Union Chapel Methodist Church**

**2720 East 86<sup>th</sup> Street-community room**

*(Enter at west side of building, handicap accessible)*



Sponsored by Central Indiana Intergroup of Overeaters Anonymous'